







February 2018



2788 Lakeshore Blvd. W.
416-251-8666

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>January 29</i> Wellness Toolbox: Mindful Tools And Meditation 1-4	<i>30</i> Coffee & Chat 1-4 Drop in Support 1-4	<i>31</i> Gym & Swim *Gus Ryder 12-1:30 Yoga 2:20 to 4	<i>1</i> Movies at Among Friends 1-4	<i>2</i> Writing with Ellen 1-4	<i>3</i>
<i>4</i>	<i>5</i> Wellness Toolbox: Tai Chi with Robert 3:30 to 5	<i>6</i> Coffee & Chat 1-4 Drop in Support 1-4	<i>7</i> Gym & Swim *Gus Ryder 12-1:30	<i>8</i> Storefront Humber Lunch 11:30—1 pm Sleep /personal 1-2:30	<i>9</i> Soul Sisters 1-4 pm	<i>10</i>
<i>11</i> 	<i>12</i> Music with Deb 1-3 Tai Chi with Robert 3:30 to 5	<i>13</i> Art with Dana 2-5	<i>14</i> Gym & Swim *Gus Ryder Chair fit & meditation 2:30 to 4	<i>15</i> Storefront Humber Lunch 11:30—2:30 Healthy lifestyle with Maki	<i>16</i> Spa Day 1 to 4 	<i>17</i>
<i>18</i>	<i>19</i> Family Day Lamp closed	<i>20</i> Coffee & Chat 1-4 Drop in Support 1-4	<i>21</i> Gym *Gus Ryder 12-1:30 Chair fit & meditation 2:30 to 4	<i>22</i> Storefront Humber and heart health League of Extra-ordinary Gentlemen 4	<i>23</i> Birthday Bash & Planning Meeting 1-4 	<i>24</i> Art at Humber please see DEB
<i>25</i> 	<i>26</i> Wellness Toolbox: 1-3 Tai Chi with Robert 3:30 to 5	<i>27</i> Coffee & Chat Drop in Support 1-4	<i>28</i> *Gus Ryder 12-1:30 Chair fit & meditation 2:30 to 4	Storefront Humber Lunch 11:30—2:30	Writing with Ellen 1-4	

* Gus Ryder, 1 Faustina Dr. (Birmingham and Kipling)

LAMP CHC, 185 Fifth St

Among Friends (AF) 2788 Lakeshore Blvd. W